CHECKLIST · RELATIONSHIP

FREE PREVIEW

Repairing Broken Trust

Rebuilding trust requires time, effort, and mutual commitment. Use this checklist to navigate the healing process.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Acknowledge the Breach of Trust

Discuss the incident openly and honestly without avoiding responsibility.

TIP *Allow the hurt party to express their feelings fully and without interruption.*

2 Express Genuine Apologies

Offer a heartfelt apology that acknowledges the impact of your actions.

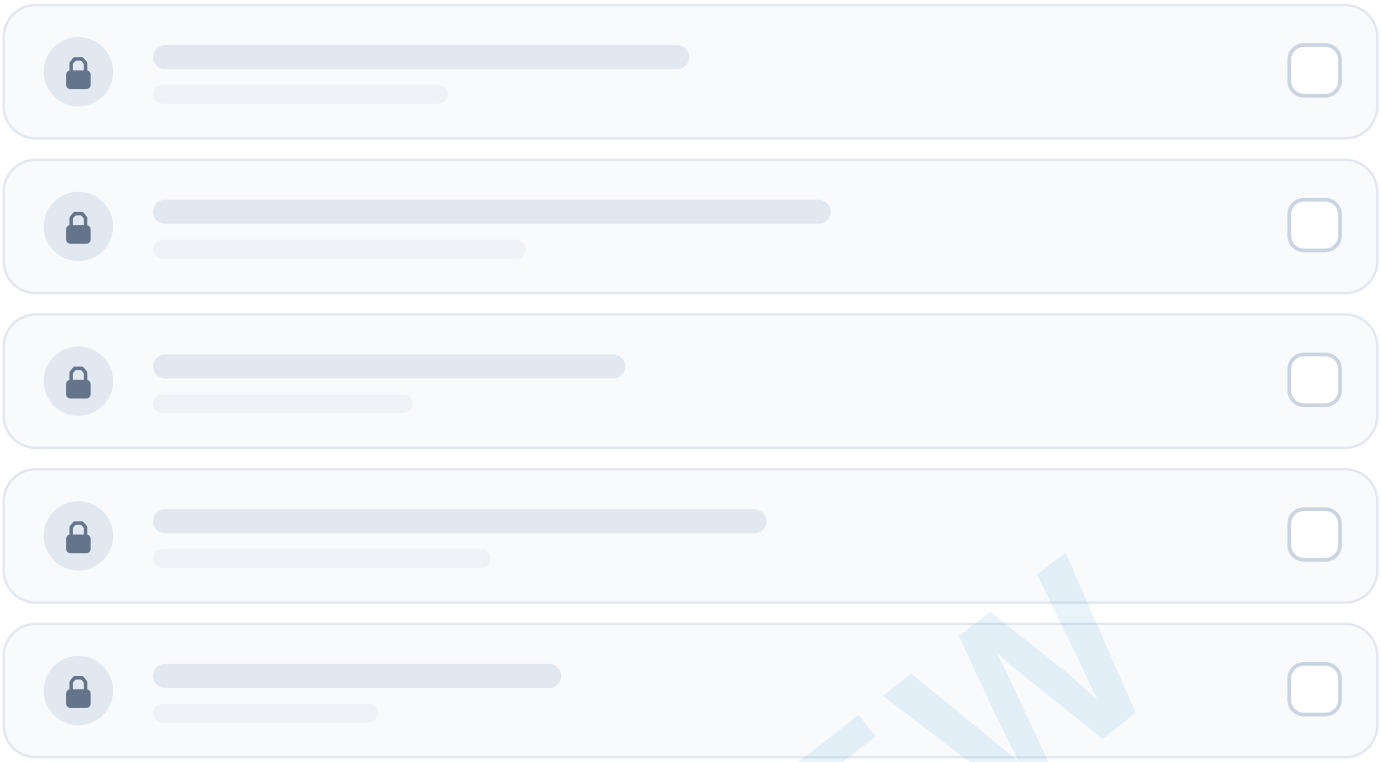
EXAMPLE *“I regret my actions and understand how deeply they hurt you.”*

3 Define Boundaries for Moving Forward

Agree on new boundaries to prevent future breaches of trust.

TIP *Write down these agreements to serve as a reference for accountability.*

PREVIEW



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